

# 5 Types of Stories All Parents Should Tell Their Kids

## *Category 1: Life Before Your Kids*

### 1. *How We Met and Fell in Love*

Tell the story of your romance and courtship.

### 2. *Pre-Baby Goals and Aspirations*

Tell your kids how you planned your life as a young adult in college or in your career.

### 3. *Adjusting to Adult Life*

Tell your kids what struggles you went through, the joys, and things you learned.

### 4. *Life for Me as a Kid*

Tell your kids what it was like growing up. Where did you grow up and go to school? What kind of kid were you? How did your parents act?

## *Category 2: Your Kids' History*

### 5. *Our Family Tree*

Tell stories about your kids' ancestors, heritage and where they originate from.

### 6. *In the Beginning*

Tell the stories of how each of your children were named, what went on when they were being born, how they acted as a baby, etc.

### 7. *Favorite Stories of You*

Tell your children stories about funny, admirable, or lovable things they did when they were little or recently.

## *Category 3: The Tough Times*

### 8. *This Too Shall Pass*

Talk about financial, relationship, health or other struggles and how you got through them.

### 9. *Leaning on Each Other*

How have your family members or neighbors and friends helped each other out during hard times?

## *Category 4: The Happy Times*

### 10. *Awards and Honors*

Tell your kids about how you or family members have been recognized by the community, in their career, or in other ways.

### 11. *Greatest Moments*

What have been the greatest moments of your life? Your kids should know.

### 12. *The Pursuit of Happiness*

Explain to your children what brings you happiness and talk about how you identify your passions.

## Category 5: Lessons to Live By

### 13. Advice to My Younger Self

What advice would you give to your 20-year-old self?

### 14. Greatest Lessons Learned

Tell your kids stories of the greatest lessons you've learned so far.

### 15. Regrets to Avoid

What regrets do you have that you hope you can spare your children from?

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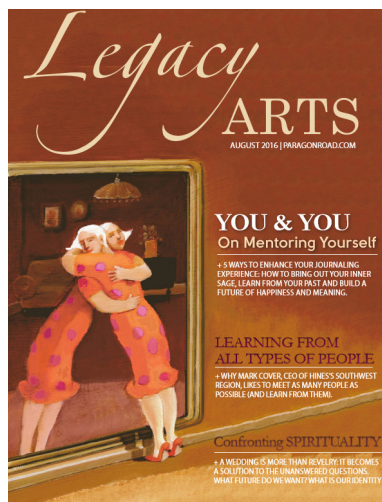
## The Objective

You want to focus on having a dialog with your loved ones. These stories are a starting point, but the important part is talking about ideas back and forth and establishing a good family narrative. You want to be there when your kids need to talk. You want your children and grandchildren to have the emotional skills and knowledge to overcome obstacles in life. You want to establish a strong family support system.

## Passing on Empowerment

Listen to yourself as you're telling stories. What's being passed on? Is it love, hope, resilience and positivity? Or is it despair, difficulty, victimization, and negativity? Always try to go from a disempowered state to an empowered state. For example, "It was hard when we first got married, but we worked through it, stayed devoted, and now we love each other more than ever."

The best stories for teaching resilience focus on overcoming challenges. But don't skip the funny, joyful or silly stories either... They are important for bonding. And life shouldn't be too serious, right? :)



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